

The Excuse Cheatsheet

Ten excuses that work word for word — at the gym and about AI. That's the joke, and that's the point: the reasons people avoid training are the same reasons new tools go unused. Read them with a smile — and catch yourself next time.

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Every line passes both tests.

Works at the gym. Works about AI. Word for word the same sentences, the same shrug — that's the test every excuse below has passed.

No time

"I don't have time."

Monday

"I'll start on Monday."

Tried it once

"I tried it once, didn't work."

Where to start?

"I don't know where to start."

Looking stupid

"I don't want to look stupid."

Show me first

"Someone should show me how first."



People like me

"It's not for people like me."

Watched the videos

"I watched the videos, that counts."

No fun

"It's just not fun for me."

Forgot the access

"Sometimes I forget I even have access."

Access isn't fitness.

The membership card never did a single rep.

Copilot
Your Day